

STATE of MINNESOTA

Proclamation

WHEREAS: Suicide is the second leading cause of death for young people ages 10-34, and the

tenth leading cause of death across all ages in the United States, having claimed

the lives of more than 41,000 people in 2014; and

WHEREAS: Every day, approximately 113 Americans die by suicide, with a death by suicide

occurring every 13 minutes. Ninety percent of all people who die by suicide have

a diagnosable psychiatric disorder at the time of their death; and

WHEREAS: Approximately seven percent of Americans (15.7 million) over the age of 18 had

at least one major depressive episode in 2014. Yet only half of all Americans

experiencing an episode of major depression receive treatment; and

WHEREAS: Depression is a treatable illness, and up to 80 percent of people that seek help for

depression experience improvement in symptoms when treated with therapy

and/or medication; and

WHEREAS: Suicides due to depression or other mental illnesses are preventable deaths; and

WHEREAS: The third Saturday in August is designated as "Stomp Out Suicide Day," a day to

raise awareness for mental health and suicide prevention while celebrating life;

and

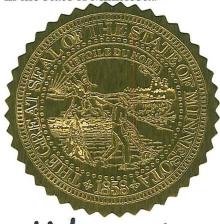
WHEREAS: The fifth annual Alissa M. Haines' Stomp Out Suicide 5K Walk/Run for

Awareness takes place on Saturday, August 20, 2016, in Wyoming, Minnesota.

NOW, THEREFORE, I, MARK DAYTON, Governor of Minnesota, do hereby proclaim Saturday, August 20, 2016, as:

STOMP OUT SUICIDE DAY

in the State of Minnesota.



IN WITNESS WHEREOF, I have hereunto set my hand and caused the Great Seal of the State of Minnesota to be affixed at the State Capitol this 8^{th} day of August.

GOVERNOR

SECRETARY OF STATE